

**To be held at:
Liverpool Catholic Club
Cnr Joadja & Hoxton Park Rds
Liverpool West NSW 2170**

Venue and Catering sponsored by Liverpool Catholic Club.

**This free event is
presented by:**



**South West Child Adolescent & Family Services
(CAFS) Green Valley NSW 2168**

“Bringing Back Hope” Free Mental Health Awareness Day Tuesday 28th June, 2011 10am for 10:30am start until 2:30pm

"BRINGING BACK HOPE" means

People, regardless of life stage, have at times felt life as a struggle and a time of grief.

The “Bringing Back Hope” - Mental Health Awareness Day is a free open day where different aspects surrounding mental health issues will be raised.

It is a day focusing not on trying to reinvent the wheel, but to bring the spokes back together. On the day, we encourage networking and creative partnerships, bringing together information.

The aim is to raise ‘the care factor’ and reduce the stigma of mental illness and suicide specifically in the Liverpool community and hopefully communities at large.

“Bringing back hope” means taking the hopelessness out of mental health.

OBJECTIVES

- To increase understanding of mental health issues.
- Learn about services available within the community.
- Challenge the perspective in lessening the stigma of mental illness.
- To understand how mental illness affects families and the community.
- Linking community and service providers together.

MORNING SESSION

Morning session comprises of issues faced by carers, personal experiences of mental health issues, information on the complexities of these issues.

A question box will be provided to voice your questions and will be answered by the afternoon panel.

LIGHT LUNCH

kindly provided by Liverpool Catholic Club

AFTERNOON SESSION

Afternoon session will be taken up by a guest panel discussing and answering questions that were raised earlier from the question box.

**For registration and general enquiries, please contact Sharyn
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